

4-2-3,3-2

Empty Lizzie

Grade Level	Fourth
Minimum Time Required	30 Minutes
Materials/Resources	Handout "Empty Lizzie"
Subject Area(s)	Guidance

Project Description:

1. Explain to the students, "There are some important things to remember about anger. Sometimes we surprise ourselves when we get angry. Sometimes we don't even know why we're angry. Here's a story about a girl named Lizzie."
2. Draw Empty Lizzie on the board. (See story on the handout.) Tell a story about how she fills up with anger all through the day as things go wrong, and by the end of the day, she explodes inappropriately. You may choose to ask students to name the incidents to fill up Lizzie.
3. Ask:
 - a) "Why did Lizzie explode?"
 - b) "Who was she really angry with?"
 - c) "What could she have done all day long to make things better?"
 - d) "Has anything like this ever happened to you?"
4. Write on the board:

HOW WE CAN HANDLE OUR ANGER

Positive Ways

Negative Ways

- a) Brainstorm positive and negative ways to handle anger. Examples:
- b) Positive – ride a bike, run around the block, tell someone.
- c) Negative – hit, throw things yell.

Career Development Standard	Skills to interact with others. Awareness of importance of growth and change.
Career Development Indicator	Demonstrate effective skills for interacting with others. Identify ways to express feelings.
Delivery Level	Review
Academic Standards	
Language Arts	4.2.c Use appropriate conventions of language in personal communication.
Employability/SCANS Skills	Basic Skills Interpersonal Skills
Assessment/Rubric	Students will be evaluated on class participation.

Submitted by: NCDG Elementary Group

EMPTY LIZZIE

Empty Lizzie is the story of a girl who had never learned how to handle her anger. She stores up her anger sort of like stuffing it in a big bag. This is a story of one day in the life of Empty Lizzie.

Lizzie gets up and starts to get ready for school. She goes to her closet to find her favorite shirt, but it isn't there. She looks all over and can't find it, and then her sister walks in and she is wearing it. This makes Lizzie really angry inside, but she doesn't do anything, she just stuffs her anger inside.

Lizzie puts on a different shirt and goes downstairs for breakfast. Right in the middle of her breakfast, the cat jumps up on the table and spills Lizzie's orange juice all over her. Again, she feels really angry, but doesn't do anything, just stuffs it away as she goes and changes her clothes.

Just as Lizzie runs out the door to catch her bus, the bus pulls away, so she has to walk to school.

As Lizzie arrives at school, she sees two of her friends, she yells for them to wait for her, but they ignore her and walk away. Lizzie just stuffs her anger.

During Lizzie's first class, the teacher starts to collect their papers when Lizzie realizes she has forgotten hers at home.

Finally, it is recess time and Lizzie goes out and plays with her friends, but just as she is coming in someone grabs her hat and throws it in a mud puddle. She doesn't do anything, just stores up some more anger.

Lizzie manages to survive the rest of the day and is looking forward to listening to her new record when she gets home. As she walks into the living room, she sees her little brother playing with her new record. By this time, she has stuffed so much anger that she is full – so she explodes. She yells at her brother, punches him in the arm, and picks up her record and throws it on the floor.

What happened to Lizzie? What could she have done differently during the day?